**Waraaqda Tusaalaha ah – Kiiska la Xaqiijiyey COVID-19 ee Daryeelka Carruurta iyo Kaamamka/Daryeelka Carruurta Da'da Dugsiga** dib u eegid lagu sameeyay 11/16/2021

Qoysaska/shaqaalaha/Guddida Sharafta leh:

Markay taariikhdu ahayd XX waxaanu ogaanay [shakhsi] oo ku dhax nool bulshadeena uu qabo Cudurka Koroonafayras 2019 (COVID-19) inuu joogo [dugsiga/daryeelka ilmaha/xarunta]. Waxaanu ku talinay inaad tallaabo qaaddo si aad u yarayso faafidda COVID-19, xataa haddii ilmahaagu aanu lahayn astaamo.

**Waxyaalaha ugu muhiimsan ee aad samayn karto:**

* Hubi in ilmahaagu uu xiran yahay [afsaab](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19_VDH_mask_guidance-Somali%2BEng-first.pdf) marka lagu teliyo ama lagu waajibiyo.
* Hubi in ilmahaagu uu dhaqo [gacmihiisa](https://www.healthvermont.gov/sites/default/files/documents/pdf/Keep-Illness-from-Spreading-Somali.pdf).
* Ilmahaaga guriga ku hay haddii uu buko.
* Wac bixiyahaaga daryeelka koowaad haddii adiga ama ilmahaagu aad leedihiin astaamaha [COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).
* Hubi in ilmahaaga la talaalo marka uu u qalmo. [Halkan ka eeg meesha kuugu dhaw.](https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine" \t "_blank)

**Dadka ay dhici karto inay u dhawaadeen cid qabta waa la wargelin doonaa:**

Qof kasta oo aan talaalka wada dhamaysan oo [u dhawaaday](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-What-to-do-if-you-are-a-close-contact-Somali%2BEng-formatted.pdf) cid lagaga heley baadhitaan waxaa dhici karto inuu fayrasku uu asiibay oo waxaa loo sheegi doonaa inay gadho karantiimo, taas oo ka dhigan inay joogi doonaan guriga oo ay dadka kale ka fogaan doonaan ilaa 14 maalmood. Macluumaad dheeraad ah ka akhri oo ku saabsan [waxa ay ka dhigan tahay karantiimadu](https://www.healthvermont.gov/aboutclosecontact#quarantine).

Qof kasta oo wada qaatay talaalka, oo u dhawaaday qof shaybaadh lagaga heley waa inuu is baadha 5-7 maamood kadib marka uu qofka u dhawaaday, laakiin loogama baahna inuu galo karantiin isaga oo astaamo yeesha moojee.

Qof kasta oo wada qaatay talaalka ama kasoo kabtay COVID-19 3 bilood ee lasoo dhaafay oo u dhawaaday qof shaybaadh lagaga heley ma galayo karantiin iyada oo uu yeesho moojee astaamo.

Hadii la ogaado inaad tahay qof ay dhici karto inay isasoo gaadheen cid qabta, qof ka socda [magaca dugsga/daryeelka ilmaha/magaca xarunta] ama Waaxda Caafimaadka ayaa ku wargelin doonta oo waxa ay ku siin doontaa macluumaad iyo tilmaamo ku saabsan karantiimada iyo talooyin kale. Hadii Waaxda Caafimaadku ay kulasoo hadasho, waxa aad xaqiijisaa inaad ka qabato taleefanka ama ku celi.

**Taageerada Bulshada Dugsigeena**

Si loo ilaaliyo sirta qof kasta, ma sheegi karno cida kamid ah bulshadeena ee laga heley. Xasuusnaw in dhamaanteenba aynu ugu jirto khatar inaynu qaadno fayraskan. “Kiisaskan COVID-19” waxaa weeye asxaabteen iyo qoyskeena, oo waa inaynu la dareemi karnaa oo aynu taageernaa. Dadka qaba COVID-19 waxay badan dareemaan calaamado raaxo daro iyo kacsanaan dareen. Halka ay ka cibaadaysan lahaayeen, waxa aad siisaa kaalmo dadka bulshada ee uu karantiinku saameeyay. Marka la qaado talaabo ikhtiraac leh oo inaga timaada dhamaanteen, waxa aanu ka gudbi doonaa mudadan warwarka iyo khalkhalka leh. Waxa aanu uga mahadcelinaynaa dadka maalgeliya caafimaadkeena iyo badqabka dugsiyada bulshadeena.

**Waa maxay COVID-19?**

Waa koroonafayras cusub oo keena COVID-19, kaasi oo ah xanuun la ogaaday 2019. Koroonafayrasyadu waa nooc fayras ah oo loogu magac-daray qodxaha taashka shabbaha ee oogadiisa ku yaala. Waxa jira noocyo badan oo koroonafayras ah oo ay kujiraan qaar keena xanuunada neefmareenka, sida duriga caadiga ah. Astaamaha gaarka ah ee COVID-19 waxa kamid ah:

* Xummad ama qadhqadhyo
* Qufac
* Neefta oo kugu adkaata ama mushkilad neefsiga ah
* Daal
* Muruq ama jidh xanuun
* Luminta dhadhanka ama urka oo cusub
* Cune xanuun
* Sanka oo xidhma ama duuf
* Yalaalugo ama hunqaaco
* Shuban
* Madax xanuun

**Siduu COVID-19 u faafaa?**

COVID-19 wuxuu ku faafaa marka qofka caabuqa COVID-19 qaba uu neefsado oo ay kasoo boodaan dhibco iyo waxa yaryar oo uu la socdo fayrasku marka uu qufaco, hindhiso, heeso, hadlo ama uu neefsado. Dadka uga dhawaada 6 fuudh (ama 2 mitir) qofka qaba COVID-19 waxay u badan tahay inay qaadaan caabuqa. Waxa aad qaadi kartaa COVID-19 hadii dhibcaha ama waxa yaryar aad neefsato, ay ishaada, sankaaga ama afkaaga ku dhacaan, ama ay taabtaan gacmahaaga, oo kadibna aad taabato indhahaaga, sankaaga ama afkaaga.

Talaalka ayaa ah qaabka ugu wanaagsan ee ilmahaaga looga ilaalin karo COVID-19. Marka ilmahaaga si buuxda loo talaalo, waxay u badan tahay in aanu xanuunsan oo aanu u gudbin fayraska dadka kale. Qof kasta oo u qalma talaalka COVID-19 waa inuu is talaalaa. Waa bilaash, waa dhakhso waana uu fudud yahay. Kala sheekeyso daryeelka caafimaad bixiyaha ilmahaaga hadii aad qabto wax su’aalo ah ama waxa aad ka heshaa xarun talaal oo kugu dhaw [healthvermont.gov/MyVaccine](http://www.healthvermont.gov/MyVaccine). Qof kasta, oo ay kamid yihiin caruurta aan la talaali karin, waxa ay qaadi karaan tallaabo ay ku ilaalinayaan naftooda iyo dadka kale. Wax badan ka ogow [healthvermont.gov/StaySafeVT](http://www.healthvermont.gov/StaySafeVT).

**Sidee waalidiinta iyo koriyayaashu u caawin karaan kahortagga faafidda COVID-19?**

* Haddii ilmahaagu buko, guriga ku hay.
* Hubi in xubnaha qoyskaagu gacmaha dhaqdaan sida badan iyagoo isticmaalaya saabuun iyo biyo muddo 20 ilbiriqsi ah.
* Hubi in xubin kasta oo qoyskaaga ah ay ku daboosho qufaca iyo hindhasadeeda softi ama suxulkeeda, kadibna ay dhaqdo gacmaheeda.
* Xiro afsaab markaad meel caam ah joogto ee aadan awoodayn inaad dadka kale u jirsado 6 fuudh.

**Waxaanu la shaqaynaynaa Waaxda Caafimaadka si aanu badbaadada bulshadeena u ilaalino.**

* Waxaanu si dhaw ula shaqaynaynaa Waaxda Caafimaadka oo waxaanu raacaynaa talooyinkooda si aanu u sugno amaanka bulshada.
* Waxay u nadiifisaa oo ay jeermiska uga dishaa [magaca xarunta/dugsiga] qaabka uu dhigayo hagitaanka Waaxda Caafimaadku.
* Shaqaalaha xanuunsanaya iyo carruurta shaqada ku laaban maayaan ilaa ay caafimaadaan.

Wax badan ka baro [is baaridda Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

Waad ku mahadsan tahay fahamkaaga in, shuruucda asturnaanta caafimaadka dartood, aanaan awood u lahayn faafinta magacyada shakhsiyaadka qaba COVID-19. Waxaanu sii wadi doonaa in aanu ku soo gaarsiino isbaddalada iyo wixii soo kordha. Kaqaybqaadashadaada darteed, waxaanu rumaysannahay inaanu u abuuri karno jawi badbaado iyo madadaalo leh carruurtaada.

Haddii aad qabto wax su'aalo ah, fadlan igala soo xiriir macluumadka xiriirka.

Aad ayaad u mahadsan tahay,

**Template Letter – Confirmed COVID-19 Case in Child Care and School Age Camps/Care**

Dear families/staff/Board:

On XX date we learned about a person in our learning community with Coronavirus Disease 2019 (COVID-19) at [school/child care/facility name]. We recommend that you take action to help limit the spread of COVID-19, even if your child is not experiencing symptoms.

**The most important things you can do:**

* Make sure your child is wearing [a mask](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).
* Make sure your child is [washing their hands](https://www.cdc.gov/handwashing/when-how-handwashing.html).
* Keep your child home if they are sick.
* Call your primary care provider if you or your child has [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

**People who may have been exposed will be notified:**

Anyone who was in [close contact](https://apps.health.vermont.gov/COVID/faq/#4575) with the person who tested positive may have been exposed to the virus and will be asked to quarantine, which means staying home and away from other people for up to 14 days. Read more about what it means to quarantine [here](https://apps.health.vermont.gov/COVID/faq/#4618).

If you are identified as someone who may have been exposed, someone from either [name of school/child care/facility name] or the Health Department will notify you and will provide information and guidance on quarantine and other recommendations. If the Health Department calls, make sure to answer the phone or call them back.

[Learn more about what happens when there is a case in a school.](https://apps.health.vermont.gov/COVID/faq/#4738)

**Supporting our School Community**

In order to maintain everyone’s privacy, we cannot disclose who in our community has tested positive. Remember that we are all at risk of getting this virus. These “COVID-19 cases” are our friends and family, and we need to be understanding and supportive. People with COVID-19 often experience uncomfortable symptoms and emotional stress. Instead of participating in speculation or gossip, offer to help community members who are affected by quarantine. With creative action from all of us, we will get through this period of anxiety and disruption. We thank you for your investment in the health and wellbeing of our school community.

**What is COVID-19?**

A new coronavirus causes COVID-19, which is an illness that was discovered in 2019. Coronaviruses are a type of virus that are named for the crown-like spikes on their surface. There are many kinds of coronaviruses including some that cause respiratory illnesses, like the common cold. The specific symptoms of COVID-19 include:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea
* Headache

**How does COVID-19 spread?**

COVID-19 spreads mainly from having close contact with someone who has a COVID-19 infection. The virus is thought to spread by droplets from person to person when they speak, cough, or sneeze. Droplets travel less than 6 feet. When droplets from another person get in your mouth or nose you can inhale into your lungs. This virus can be spread by people without symptoms.

**How can parents and guardians help prevent COVID-19 from spreading?**

* If your child is sick, keep them home.
* Make sure members of your household wash their hands often using soap and water for 20 seconds.
* Make sure every member of your household covers their coughs and sneezes with a tissue or their elbow, and then washes their hands afterwards.
* Wear a mask in public when you cannot stay 6 feet apart from other people.

**We are working with the Health Department to keep our community safe.**

* We continue to follow the Health Department’s guidance for a [Strong and Healthy Start](https://education.vermont.gov/documents/guidance-strong-healthy-start-health-guidance) and for [Childcare and Out-of-School-Time Care](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Health-Guidance-Childcare-Summer-Programs.pdf) .
* We cleaned and disinfected the [facility/school name] per the Health Department guidance.
* Sick employees and children will not return to work until they are healthy.
* [Learn about the Health Department’s response when someone tests positive for COVID-19.](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19-Flowchart-When-Someone-Tests-Positive.pdf)

Learn more about [getting tested in Vermont](https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19).

Thank you for understanding that, due to medical privacy laws, we are not able to release the names of the individuals with COVID-19. We will continue to communicate changes and updates with you. With your participation, we believe we can create a safe and fun experience for your children.

If you have any questions, please feel free to reach out to me at [contact information].

Many thanks,